



tiny tots

3 Year Olds

CID's preschool classes are designed to enhance gross motor coordination, listening skills, musicality and nurture imagination. Each class includes developmentally appropriate instruction through the use of music, props, crafts, and dance.

Dress Code: Tiny Tots dancers will receive their initial class wear upon enrollment, included in the Membership Fee.

- Girls: Pink Skirted or Tank Leotard + tights
- Boys: CID Black Shorts & White T-Shirt
- Black Tap Shoes (not included)
- Girls: Pink Ballet Shoes (not included)
- Boys: Black Ballet Shoes (not included)



- Membership Fee:**
- New Student - \$190
 - Rollover - \$150

Class Schedule & Tuition

Tap/Ballet Class Schedule:

- Tuesdays 10:00-10:45am
- Thursdays 4:00-4:45pm
- Saturdays 9:45-10:30am

Monthly Tuition:

- \$89/mo

A full season of dance includes 44 weeks of instruction, 2 stage performances & a recital costume

Add-On Classes

Tumbling Class Schedule:

- Tuesdays 10:45-11:15am
- Saturdays 10:30-11:00am

Monthly Tuition:

- \$59/mo

The maximum number of students per class is 12.

DISCOVER

Dance Program

SEPARATION ANXIETY

Helping Your Child Through Separation Anxiety

It is normal for children to show distress, anger, and sadness when separated from their primary caregiver within the early childhood years (0 - 5 years). In fact, the emergence of separation anxiety often emerges around the child's first birthday. Although this is a normal difficulty that many children experience, it is none the less unsettling for all parties involved with the child, the parent, and other caregiver/adults. In fact, many parents experience extremely difficult emotions similar to their child's distress when separating. However, it is important to manage this distress effectively to allow your child to make gains in the areas of independence and trust.



Tips to try to help your child deal with separation anxiety at dance class:

- 1** Talk with the teacher and develop a plan that will increase your confidence and ease your child's difficulty with saying goodbye. Reward your child for brave and independent behavior.
- 2** Be aware of the timing of goodbyes. Children are more likely to display unsettling reactions such as tantrums, yelling, crying, and screaming when they are tired, hungry, or restless. Schedule your dance class around their regular meal, snack, and nap times.
- 3** When saying goodbye to your little one, remember to be calm and consistent. Remember if you show distress, he or she will likely increase in their discomfort. One way to improve your consistency is to create a goodbye ritual, consisting of a pleasant yet firm goodbye. Let them know where you will be while they are in class and where you will be when they are done with class. Once you say goodbye it is time to leave. If you linger or come back to check you will create more distress on your child, as they will be more uncertain about your separation.
 - A.** We have a goodbye chair set up by the door for parents whose children are struggling with separation anxiety so that they know where to look for them. Parents should give a firm goodbye and let the child know they will be waiting for them after class in the goodbye chair. Parents should then go sit in the goodbye chair as the child enters the classroom. The parent should be sitting in the goodbye chair when class is over so the child knows right where to find them.
 - B.** Children will stay in class for 10 minutes. If they are still upset they will be brought back out to the parents after 10 minutes. After 5 minutes the teacher will come back out to check if the dancer is ready to join the class. Parents should not knock or open the door or come into the classroom to check on the child or to send them back to class.
 - C.** Parents whose child is struggling with separation anxiety should not leave the studio during class time and should make sure that they are sitting in the goodbye chair when the child comes out of class.
- 4** When it comes time to say goodbye, connect with the teacher or assistant. It may be best for the teacher or assistant to make physical contact, such as holding your child in their arms or holding hands with your child. Reassure your child that the teacher will take good care of them while you are gone.
- 5**
- 6** Be sure to return when you say you are going to return and do not be late.

Work with your child's teacher on a Bravery Home note for positive reward of brave behavior.